

Everything you need to know about Zika Virus

Information for Military



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are currently no locally transmitted cases in Louisiana.**

Currently, the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department are coordinating with key partners to provide information about the Zika virus to the public. NOMTCB is monitoring the mosquito population using a combination of chemical control and habitat reduction methods to limit the mosquito population in New Orleans.

What is Zika



Zika virus is spread to people through mosquito bites. Only 1 in 5 of people will develop symptoms. Symptoms usually begin 3-7 days after being bitten by an infected mosquito. The illness can cause mild symptoms lasting up to a week.

Common Symptoms: Fever, rash, joint pain, muscle pain, headache, vomiting and red eyes. If you develop symptoms within 2 weeks of travel, see a doctor and tell the doctor where you traveled.

Planning a trip



If you are planning a trip to an area with ongoing Zika virus transmission, you should protect yourself and your family from mosquito bites. There is no vaccine to prevent you from becoming infected.

If you are pregnant, you should consider postponing travel to the areas with ongoing transmission.

If you are thinking of becoming pregnant, talk to your doctor about travel plans.

Returning Travelers



If you have recently returned from an area with ongoing virus transmission:

Men: Use condoms with sexual partners or abstain from sexual activity.

Pregnant women: Visit your doctor for follow up. Testing is recommended for women with symptoms within the first week of illness. Even if you do not have symptoms you can be screened for Zika virus infection.

Travel Advisory

Level 2:

Practice Enhanced Precautions

For a list of affected countries:

Visit cdc.gov/travel

How to protect yourself



Dress Wear long-sleeve shirts and long pants. For extra protection, treat clothing with the insect repellent, permethrin.



Drainage Remove standing water around the home in places such as plant containers, old tires and buckets.



Dawn and Dusk Mosquitoes that can carry Zika are day biters and most active during dusk and dawn.



DEET Use EPA-registered insect repellents, containing the active ingredient DEET. When used as directed, EPA-registered insect repellents are proven safe and effective.

- Reapply insect repellent as directed.
- Apply insect repellent before sunscreen.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.

Stay in places with air conditioning or that use window and door screens to keep mosquitoes outside.

Sleep under a mosquito bed net if you are overseas or outside and are not able to protect yourself from mosquito bites.

